EE FIT.
LOOK GOOD.
FEEL STRONG.



ENT MORE THAN

S SERVINGS OF

FRUITS AND

VEGGIES

EVERY DAY



EE FIT.
LOOK GOOD.
FEEL STRONG.

DRINH 4

GLH55E5 DF

WHTER

EUERY DHY



55 4 85 4 8 3 1 (1) 5 10 2 1 (1) 5

BEFIT.
LOOK GOOD.
FEEL STRONG.



HHUE 3

SERVINGS

OF LOW FHT

DAIRY FOODS

EVERY DHY



EEFIT.
LOOK GOOD.
FEEL STRONG.



SPEND LESS
THAN 2 HOURS
HT AT. V.
OR COMPUTER
EVERY DAY



EEFIT.
LOOK GOOD.
FEEL STRONG.

THE I FULL
HOUR TO GET H
RUNNIN' HOD
H JUMPIN'
EVERY DHY







